

## INFORMED CONSENT – Patient Fact Sheet

<b>What is Informed Consent?</b>	<p>Consent is your agreement for a health care professional to provide you with medical treatment and care, and includes any tests and treatments.</p> <ul style="list-style-type: none"><li>• To give informed consent you need to be given enough information about your options to make decisions about your health and healthcare.</li></ul>
<b>What are the legal requirements?</b>	<p>To give informed consent in Australia you must:</p> <ul style="list-style-type: none"><li>• Have legal capacity to consent</li><li>• Give your consent voluntarily</li><li>• Be given enough information about your condition and your options, including the benefits and risks</li><li>• Have the opportunity to ask questions</li></ul>
<b>What is legal capacity?</b>	<p>You can:</p> <ul style="list-style-type: none"><li>• Understand and retain all the facts</li><li>• Understand your treatment options</li><li>• Understand the potential consequences of the options</li><li>• Weigh up the potential benefits, disadvantages and consequences of each option</li><li>• Understand the purpose of the action you are consenting to</li><li>• Communicate your decision to your health care professional</li></ul>
<b>Who has legal capacity?</b>	<ul style="list-style-type: none"><li>• Adults over 18 years or older<ul style="list-style-type: none"><li>○ Mental illnesses or disabilities can affect an adults legal capacity</li></ul></li><li>• In some cases a young person between the ages of 16-18 can give consent</li></ul>
<b>Can I have help to give informed consent?</b>	<ul style="list-style-type: none"><li>• Yes!<ul style="list-style-type: none"><li>○ You can ask for a friend or family member to help you understand what your health care professional tells you</li><li>○ You may ask for an interpreter</li></ul></li></ul>
<b>How do I give informed consent?</b>	<ul style="list-style-type: none"><li>• Verbally</li><li>• In writing</li><li>• Can also be implied</li></ul>
<b>What if I don't have legal capacity?</b>	<ul style="list-style-type: none"><li>• A substitute decision maker (parent/guardian/family member) can give consent on your behalf</li></ul>
<b>Can I change my mind?</b>	<ul style="list-style-type: none"><li>• Yes!<ul style="list-style-type: none"><li>○ Make sure you tell your health care professional</li></ul></li></ul>

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